

Education regarding Gathering Supplies With Several Kinds Crisis Situations

Emergency Supplies Should Be Kept Where?

You should give some thought as to where to keep your 72 hour kit. Obviously, your emergency kit needs to be something you can grab at a moment's notice so you do not want to stuff it in an obscure corner in an attic. On the other hand, it can be bothersome to have your gear in the way of stuff you use every day. Coat closets are one good place for your kits; you may want to build a shelf in a centrally located room in your house specifically for the kits. Keep in mind that your supplies should be kept on the main floor of your home. Depending on the emergency, you may not be able to access the stairs in your home. Many people choose to keep the kits in the trunk of their cars, so that they are ready to go at a moment's notice. Just in case an emergency occurs when you are at work, you may want to keep a tote with food and equipment stored there as well.

Some Little-Known Tips for Food in Your Emergency Kit

Learning from the wisdom of others is often easier than learning certain things for ourselves especially when it has to do with emergency preparation. Those who have needed to use their own emergency food supplies have some great ideas for those of us who have not yet had to do so. Gum and hard candy are a surprising but much appreciated item that should be added to your kit. They taste better than many of the other foods you will need to be eating, and the required sucking or chewing helps keep your mouth moist. Avoid mint gum, though everything around it will end up tasting minty as well. Be a little picky about your hard candy too: Jolly Ranchers and a few other types of candy will melt in the sun if it is very warm. Some have found that it is better to include regular cans in their kit rather than ones with self-opening tops. These pop-open cans are more likely to break open inside your kit. Also, when you replace food that is about to expire with fresher foods, try what you have previously packed. This way, you can find out the best-tasting foods to include in your kit.

Essential Additions to a Store-Bought 72 Hour Kit

Prepackaged 72-hour kits are a great, easy option to help yourself be prepared in an emergency. However, there are some personal supplies that you and your family will probably need to add. If someone in your family takes regular medication, it is vital that a small supply be included in your kit. Be careful if a member of your family has allergies: check the food and medication included in the kit and make sure they are ok. If someone wears contacts, you might want to put an extra pair into the kit. Obviously, very young children, pregnant or nursing mothers, and the elderly each have specific needs. Store-bought kits do not include an extra set of clothing, so pack some for each family member. Finally, you should add any and all important documents and phone numbers that you do not want to lose.

Why You Should Switch Your Emergency Clothes Twice a Year

Every spring and fall, you should examine your 72 hour kits and rotate any clothing that needs to be changed for one reason or another. As the years pass, you and your children may need different sizes of clothes. You do not want to be in an emergency and realize that your only other set of clothes no longer fits you. Second, you should make sure that the clothing hasn't been damaged by moths or become wet due to a leak somewhere in your kit. You need to have adequate clothing based on the seasons of the year. In the spring, most clothing in your kit should be more lightweight. In the winter, clothes should keep you warm. You should also include some wintertime necessities like jackets, gloves, hats, and scarves.

About the Author

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